

12 WEEK WEIGHT LOSS PLANNER



START DATE

END DATE

WEEK 01	WEEK 02	WEEK 03
WEEK 04	WEEK 05	WEEK 06
WEEK 07	WEEK 08	WEEK 09
WEEK 10	WEEK 11	WEEK 12



WHEN YOU
FEEL LIKE
quitting
THINK ABOUT
WHY YOU

started
Write down 3 reasons why you started

1

2

3

**LET'S START
THE GAME!**



BEFORE

**A BETTER VERSION
OF ME!**



AFTER

Pounds Loss

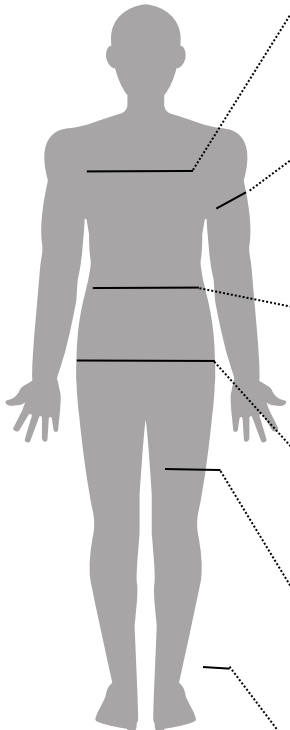
start weight: _____

Target Wight: _____

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

NOTES

Body Measurements

	week 01	week 02	week 03	week 04
	Chest	Chest	Chest	Chest
	arm	arm	arm	arm
	waist	waist	waist	waist
	hip	hip	hip	hip
thigh	thigh	thigh	thigh	
calf	calf	calf	calf	
BMI	BMI	BMI	BMI	

Notes

Body Measurements

	week 05	week 06	week 07	week 08
Chest				
arm				
waist				
hip				
thigh				
calf				
BMI				

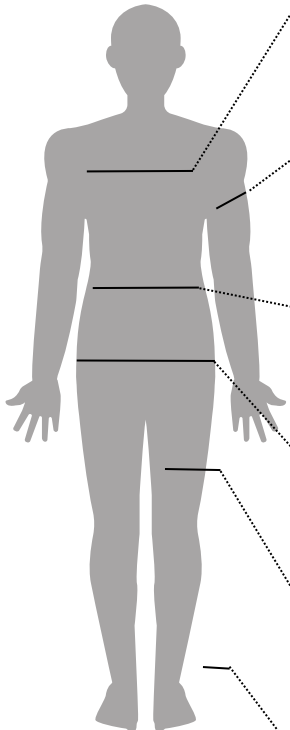
Notes

Body Measurements

	week 09	week 10	week 11	week 12
Chest				
arm				
waist				
hip				
thigh				
calf				
BMI				

Notes

Body Measurements

	Start	End	Goal
	Chest 	Chest 	Chest
	arm 	arm 	arm
	waist 	waist 	waist
	hip 	hip 	hip
	thigh 	thigh 	thigh
	calf 	calf 	calf
BMI 	BMI 	BMI 	

Notes

Weekly Weight



Week 01



Week 02



Week 03



Week 04



Week 05



Week 06



Week 07



Week 08



Week 09



Week 10



Week 11



Week 12

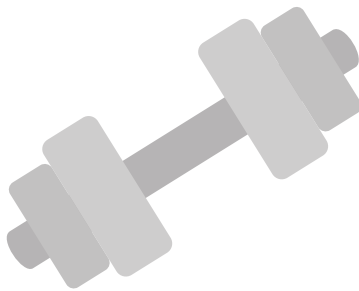
Notes





Week 1

I am confident
in my ability
to lose weight



Mon

Tue

Wed

Thu

Fri

Sat

Sun

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Food Planner

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Snacks							
Lunch							
Dinner							

Fitness Planner

	workout	focus area	time	dist	cal
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Calorie Tracker

	meals	cal	workout	cal	=	total	notes
Mon	Breakfast	_____	_____	_____		_____	_____
	Snacks	_____	_____	_____	=	_____	_____
	Lunch	_____	_____	_____	=	_____	_____
	Dinner	_____	_____	_____		_____	_____
Tue	Breakfast	_____	_____	_____		_____	_____
	Snacks	_____	_____	_____	=	_____	_____
	Lunch	_____	_____	_____	=	_____	_____
	Dinner	_____	_____	_____		_____	_____
Wed	Breakfast	_____	_____	_____		_____	_____
	Snacks	_____	_____	_____	=	_____	_____
	Lunch	_____	_____	_____	=	_____	_____
	Dinner	_____	_____	_____		_____	_____
Thu	Breakfast	_____	_____	_____		_____	_____
	Snacks	_____	_____	_____	=	_____	_____
	Lunch	_____	_____	_____	=	_____	_____
	Dinner	_____	_____	_____		_____	_____
Fri	Breakfast	_____	_____	_____		_____	_____
	Snacks	_____	_____	_____	=	_____	_____
	Lunch	_____	_____	_____	=	_____	_____
	Dinner	_____	_____	_____		_____	_____
Sat	Breakfast	_____	_____	_____		_____	_____
	Snacks	_____	_____	_____	=	_____	_____
	Lunch	_____	_____	_____	=	_____	_____
	Dinner	_____	_____	_____		_____	_____
Sun	Breakfast	_____	_____	_____		_____	_____
	Snacks	_____	_____	_____	=	_____	_____
	Lunch	_____	_____	_____	=	_____	_____
	Dinner	_____	_____	_____		_____	_____

Grocery List

Vegetables

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

fruits

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

meat and seafood

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

canned and dry goods

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

snacks

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

pantry

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

beverages

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

frozen food

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

dairy

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

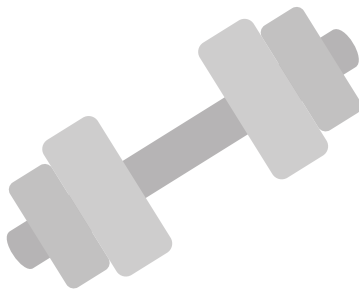
other

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



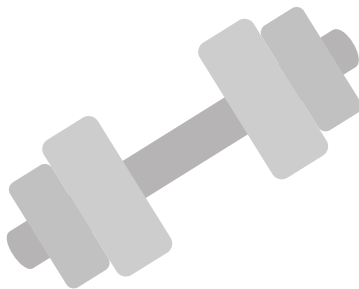
Week 2

I am not perfect,
but I am doing the best
that I can



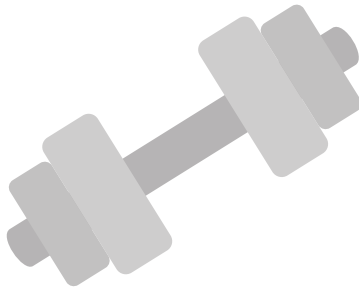
Week 3

I will make
healthy choices
for my body



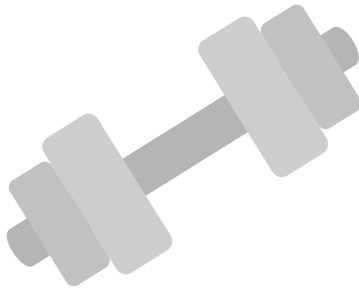
Week 4

I deserve
the happiness
and health
I am feeling



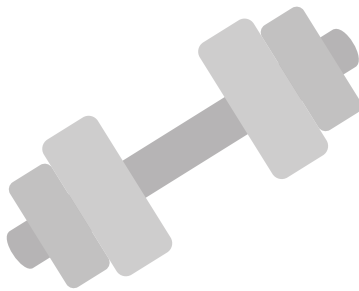
Week 5

Losing weight
is not
an impossible task



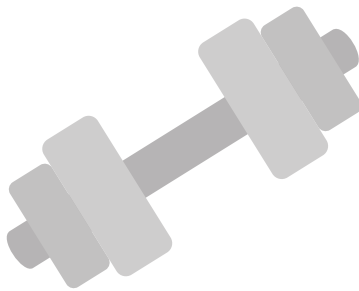
Week 6

I enjoy eating foods
that reward
my healthy body



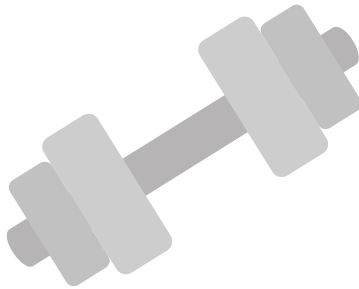
Week 7

I allow myself
to feel good being me



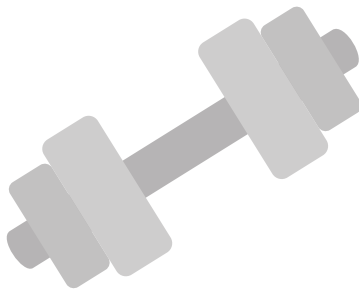
Week 8

I am the creator
of my future
and driver
of my mind



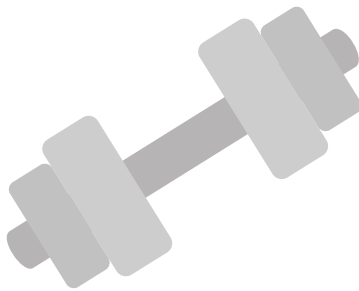
Week 9

I accept myself
for
who I am



Week 10

I am constantly
developing healthier
eating habits





Week 11

I love
and care
for my body





Week 12

I can easily reach
and maintain
my ideal
weight



Habit Tracker Ideas

1. Maintain a food diary
2. Drink a minimum of 8 glasses of water a day.
3. Spend time outside
4. Stretch a few times a week
5. Stretch 5 minutes when you wake up
6. Eat more whole foods
7. Take time for your hobbies
8. Enjoy the environment around you
9. Do something each day for yourself
10. 5 servings of fruit and veggies
11. Reduce your intake of salt and sodium
12. Eat a mindful meal
13. 30 minutes of movement
14. 10,000 steps daily
15. Take time for yourself
16. Avoid processed food
17. Limit your sugar intake
18. Get active
19. Drink herbal tea or green tea
20. Always chew your food properly. Don't eat your food in a rush
21. Include different coloured vegetables and fruit in your diet
22. Sleep for at least six to eight hours a night
23. Go to sleep at the same time every night
24. Plank for 30 seconds
25. Eat real food
26. Do what makes you feel good
27. Take the stairs instead of the lift
28. Exercise even if you only have 15 minutes
29. Never skip your breakfast